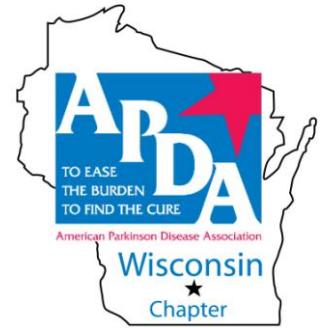




**APDA-Wisconsin Chapter
&
Parkinson Wellness
Recovery
(PWR!)
Project**



PRESENTS

PWR! MOVES™

Group Instructor Training and Certification Course

Audience: Personal trainers, group fitness instructors, physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants.

Middleton, WI

Harbor Athletic Club

Friday, July 16, 2010 (9:00 to 3:00)

Lunch provided

\$50

Submitted for 5.75 contact hours (WI-APTA)

To register go to:

<http://apdaparkinson.donordrive.com/event/advancedexercise>

For more information about PWR! Project go to:

<http://pwrgym.org>

Course description/schedule/bios of instructors below.

PWR! Understanding Parkinson's and Exercise

9-12 (3 hours; .3 CEU's)

This is a prerequisite to all PWR!GYM training programs, including the volunteer training program (PWR! Coach). Attendants will gain knowledge about the mission and vision of the Parkinson Wellness Recovery (PWR!) project. Participants will be introduced to the rationale for exercise programs for people with PD that adhere to Exercise4BrainChange™ principles (intensity/specificity/complexity/difficulty) . An overview of Parkinson's Disease will summarize how sensory/motor/cognitive symptoms impact mobility, balance, flexibility, and function. This background will provide a framework for how to apply PD-specific concepts of neural priming, activation, and sensory awareness while teaching a series of targeted movement exercises (PWR! Moves) that progress in complexity.

PWR! MOVES™ Group Exercise Instructor Training

12-3 (3 hours; .3 CEU's)

This group exercise class introduces the cornerstone PWR!GYM™ exercise moves (PWR! MOVES™), that are reiterated in all our programs. Participants will take part in a "Master" class demo with volunteer patients and learn how to model and teach a series of nine PWR! MOVES™. For each PWR! MOVE exercise, participants will learn a group format that implements techniques that target neural priming (ie., mental imagery, attentional focus, modeling), activation, sensory awareness, and empowerment. Instructors will be taught a functional focus to increase carryover of PWR! MOVES™ "outside" the gym. They will also learn how to use cueing, instructional, and safety techniques to reduce risk of falls and facilitate better movements. Emphasis will be on promoting an environment that embraces an atmosphere of motivation, social enrichment, and fun. These are essential ingredients for learning for people with PD. At the end of the day, you will be prepared to teach a 1-hour group exercise class in your facility or community!

INSTRUCTORS

Becky Farley, PhD, MS, PT

Dr. Farley (Becky) is an Assistant Professor in the Department of Physiology at the University of Arizona in Tucson and has over 25 years of clinical experience in neurological physical therapy in adults and children. She received a PhD in Neuroscience from the University of Arizona, a Master of Science in Physical Therapy from the University of North Carolina-Chapel Hill, and a Bachelor of Science in Physical Therapy from the University of Oklahoma. Dr. Farley developed LSVT® BIG, an exercise approach for people with Parkinson's disease (PD) that targets bradykinesia (small/slow movements). She completed an NIH funded randomized clinical trial documenting its' short-term efficacy (3-months). Current research interests are in the areas of dual task function and in the use of technology to enhance learning and track motor performance in people with PD. Dr. Farley recently founded a model community neurofitness center (PWR!GYM) for people with PD (pwrgym.org). The center is committed to implementing research-based exercise programs that are ongoing, begin at diagnosis, and that adhere to principles of practice (intensity, difficulty, complexity, reinforcement) shown to optimize cognitive function, motor skill learning and to protect and improve brain function.

Stephanie Christenson, CSCS, RYT-200, AEA

Stephanie Christenson has been working in the fitness industry for 10 years. Stephanie graduated from Penn State with a BS in Kinesiology. She is a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association, a 200h-Registered Yoga Teacher with the Yoga Alliance, a certified Aqua Exercise Instructor through the Aquatic Exercise Association, and a Group Exercise Instructor through SilverSneakers®. Stephanie is the fitness coordinator at Mid-Valley Athletic Club in Tucson, AZ. She has been working with people with Parkinson's for 7 years and together with Dr. Farley, developed the PWR! MOVES curriculum. She currently teaches PWR! MOVES, PWR! H2O AND PWR! YOGA classes at the Tucson, AZ PWR!GYM facility she helped to create. Stephanie is also a Personal Trainer available for one-on-one workout sessions in the pool or over ground!

WORKSHOP SCHEDULE

Participation at 100% of the workshop and passing the practicum is mandatory in order to receive proof of attendance for CEU documentation.

8:30-9:00 AM

Registration

9:00-9:20 AM

(Lecture format)

- Introduction to Parkinson Wellness Recovery (PWR!)
- PWR!GYM™ Programs
- PWR!GYM™ NETWORK
- Mission/Objectives

9:20-10:00

- Exercise Rational

10:00-11:30

- Overview of Parkinson's disease, classification of disease-severity
- Pathophysiology and its affect on movement
 - VIDEO CASE STUDIES OR VOLUNTEER DEMO
- Implications of meds/side effects/deep brain stimulation on exercise
- A framework for addressing symptoms – Prepare/MOVE/Reflect

11:30-11:45

- Break

11:45-12:30

(Participation)

- PWR!GYM MOVES Master demo class with volunteers with PD.
(Instructor: Stephanie Christenson)

12:30 – 1:15

(Break)

- Box Lunch
- Teaching Strategies for a Safe and more effective class.

1:15-2:00

(Participation)

- PWR!MOVES Group Practicum with “progressions”
 - PWR!Coach Tips for volunteers and instructors

2:00-2:45

(Participation)

- Practical – Putting it all together
 - Discussion

2:45-3:00

(Discussion)

- Local Parkinson Foundation support
- Marketing
- Course Feedback Forms
- Certificates/Database Forms for PWR!GYM Network

Definitions.

Exercise4BrainChange™ Principles. The four research-based practice parameters implemented in all of our SouthWest NeuroGym Programs shown to optimize behavioral recovery, learning, and brain function. The Exercise4BrainChange™ principles include: intensity, complexity, difficulty, specificity. For our PWR!GYM Programs, they have been adapted to target the unique physical and cognitive challenges of living with PD. With early intervention and continuous access to exercise, these Exercise4BrainChange principles have the potential to modify disease progression in human PD.

Exercise4BrainChange Concepts – Adapted for persons with PD

- 1. Maximal Activation Training.** This is the principle of promoting increased central motor output for maximal muscle activation. Thereby, participants are pushed to increase their intensity of practice beyond what they would self-select. Greater intensity of practice is achieved by training attention to high effort for whole body functional movements using high effort, while progressing variable that influence amount of work performed (frequency/duration/repetitions difficulty requirement (repetition/duration)s. This principle helps retrain faster, bigger more coordinated movements to combat the movement and postural deficits associated with bradykinesia/hypokinesia/akinesia.
- 2. Sensory Awareness Training.** This principle is used to help teach people to focus their attention internally on how better movements feel, to learn to recognize the effort required for better movement. This principle helps to improve a persons use of kinesethei to plan their movement or to learn to recognize when they need to self-correct their slow/small movements.
- 3. Neural Priming.** Techniques to prepare the nervous system for skill acquisition of motor training: mental imagery, modeling, aerobic conditioning, attentional focus????

Enrichment???? Can be social in groups, or reinforcement empowerment through the use of feedback in circuit or personal training. Can occur through the development of self-efficacy and re-entry into ADL/community participation, etc...

Principles of Plasticity of Exercise:

All have to be included in your exercise program

Task specificity = pwr moves

Active engagement - group

The student will also be taught progression, teaching techniques, and cueing.